

BREAKING BARRIERS FOR CYSTIC FIBROSIS

TODAY'S DEDICATION

DAY 16: SATURDAY 16th SEPTEMBER 2023



Adrian

I'm 39 years old and I manage my CF and CFRD through exercise. Having a busy day job and two kids, I have to try to fit in the time for my fitness pursuits (I run and lift weights).

I have an Instagram account that I created earlier this year to show other CF'ers how I manage my illness (Instagram handle: [@cf_runner](#)).

While I know what works for one person may not necessarily work for another person, I hope that my account can show other CF'ers at least what works for me and hopefully, they can get something out of it that they can use.

In addition to putting something out there that hopefully helps other CF'ers, I run for my two sons – to show them that they can achieve anything if they set their minds to it.

To that end, I recently finished second in the half marathon distance for CF Community Care's 65k for CF in Sydney and for my fortieth birthday in October, I said I'd mark it by completing my first marathon – which I'll hopefully be doing next month – the Sydney Marathon!

While I'm certainly not at Layne's level of fitness, we all gotta try to do what we can to stay healthy!

